

First Aid and CPR Guidelines 2005 Change Highlights for Lay Responders

The 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2005 American Red Cross/American Heart Association Guidelines for First Aid have brought about a number of changes that will impact Red Cross training programs. The chart below provides a highlight and overview of some of those changes for the lay responder courses. The chart does not cover all of the changes, but is intended to provide a brief look at some of the important changes coming to Red Cross courses.

Additional information on first aid and CPR guidelines and their impact on training courses will be posted to www.redcross.org as it becomes available.

	OLD	NEW
Rescue Breaths	Deep breath at 2 seconds/breath	Normal breath given over 1 second until chest rises
Chest Compression to Ventilation Ratio	15:2 – Adults 5:1 – Child 5:1 – Infant	30:2 – Adult/Child/Infant
Chest Compression Rate	About 100/minute – Adult/Child About 120/minute – Infant	About 100/minute – Adult/Child/Infant
Chest Compression Landmarking Method	Trace up the ribs – Adult/Child One finger width below the nipple line at the center of the chest – Infant	Simplified Approach – Center of the chest – Adult/Child Just below the nipple line at the center of the chest – Infant
AED	Up to 3 shocks, then 1 minute of CPR	1 shock, then 2 minutes (or 5 cycles) of CPR
Bleeding	Direct pressure, elevation, pressure points	Direct pressure only
Anaphylaxis	—	Assist person with use of prescribed auto injector
Asthma	—	Assist person with use of prescribed inhaler

Note to Red Cross Instructors: These changes will be reflected in the revised materials to be released beginning in the spring of 2006. Red Cross instructors may not teach or adapt the current materials to reflect the new skills and guidelines.